

FAQs: Coping with job loss from COVID-19

Many people have temporarily or permanently lost their jobs as a result of COVID-19. This can cause a lot of anxiety about the future. This information sheet provides tips on coping and moving forward for people who have lost their jobs due to the pandemic.

How can I deal with worry and anxiety about losing my job?

If your employment has been affected by COVID-19, it is normal to feel worried. You might not know whether you will get your job back, which may increase your anxiety. Uncertainty about the future can cause our worry to spiral, and make us focus on the most catastrophic outcomes.

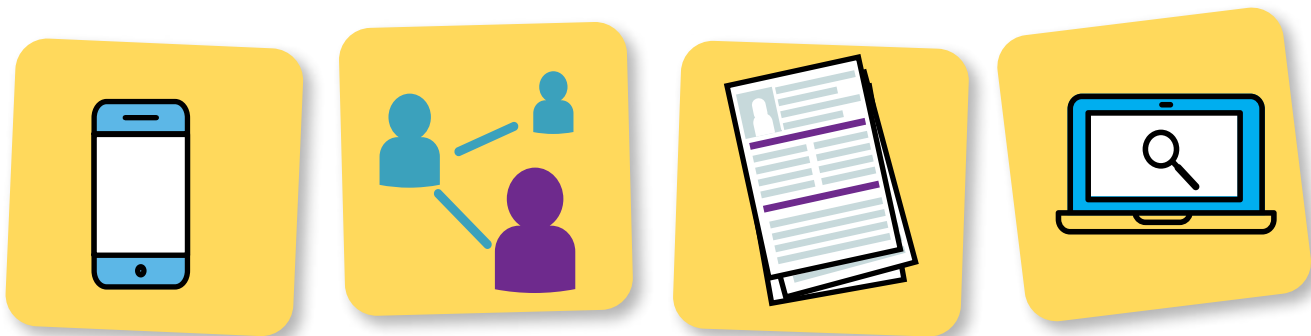
However, if you notice anxious thoughts and worries before they get out of control, you can turn them into a practical action plan.

What does an action plan look like?

To begin to move forward from this difficult situation, stay calm and take things one step at a time. Set realistic goals, and focus on what you have control over. Here are some practical steps you can take:

- Identify who you can ask for support, and give them a call.
- Identify what resources you have to help you with employment issues.
- Update your résumé and cover letter in case you have to look for a new job.
- Search employment websites for job opportunities.

Making an action plan can help reduce worry and anxiety, and help you feel more in control. Focus on your strengths, positive attributes and learning from the past. It is often during difficult times like these that we realize how strong and resilient we can be.



This information sheet is not intended to be a resource for people who require screening for COVID-19 or who are experiencing a mental health crisis. If you are experiencing a mental health crisis, please call 911 immediately or go to your nearest emergency department.

For more information, visit www.camh.ca/covid19

Will I have enough money?

Because it might be uncertain how long you will be out of work, you may be worried about money. Begin by assessing your current financial situation, and then take action if needed. Here are some steps to consider:

- Look at your current expenses and savings.
- Identify areas where you can reduce spending.
- Search government websites for financial help you may qualify for.
- Consult with a financial advisor or accountant.



Resources you should know about

Jobs and Career Options during the Coronavirus Pandemic
www.jobbank.gc.ca/findajob/resources/covid-19

COVID-19: Managing Financial Health in Challenging Times
www.canada.ca/en/financial-consumer-agency/services/covid-19-managing-financial-health.html

Canada's COVID-19 Economic Response Plan: Support for individuals
www.canada.ca/en/department-finance/economic-response-plan.html

Department of Finance Canada
www.canada.ca/en/department-finance.html